

## PROGRAMS & COSTS

Our lesson involves:

Warm up

Ocean Knowledge including rips, tides, winds, conditions and safety

Paddling and Wave negotiation

Surf Safety

Catching Waves

Correct Surfing Techniques both on the beach and in the water

Surfing Etiquette

Surf & Sun provide:

Soft Foam Surfboards

Full Length (Steamers) and Short Arm/Short Leg (Springy) Wetsuits

Rash Tops

Sun cream

Qualified & Experienced Instructors

Safety Equipment

What to bring:

Bathers and a towel

Drink of Water

Appropriate Medication if required (i.e. Asthmatic Ventolin etc)

## LESSON TIMES

Middleton: Chapman Road, Middleton at the end of the road in the Eastern Side of the car park

10am & 2pm every day of the year (except Christmas day)

Robe: 3<sup>rd</sup> Ramp, Long Beach. On the beach in front of the car park

10am, 1pm & 3pm everyday from December 26<sup>th</sup> to January 29<sup>th</sup>

## COST:

Bookings are essential

Group Lessons

Kids: \$30pp

Adults: \$40pp

Private Lessons (1 or 2 people): \$60pp

3 Lesson Programs:

Kids: \$85pp

Adults: \$100pp

Practice Sessions: \$20pp

(Only available once approved by Surf & Sun instructor and card is issued)

## DISCOUNTS

Book 4 people or more on a surf lesson and receive a 10% discount